

If You Are Worried About Your Parents Drinking ...

Here are a few suggestions:

DO talk about how you feel. You can talk with a trustworthy adult in your life to help you feel less alone. Sharing your feelings is not being mean to your family.

DO remember that feeling afraid and alone is a normal way to feel when you live with parents who drink too much. It's confusing to hate the drinking at the same time you love your parent.

DO remember to have fun! Sometimes children worry so much that they forget how to be "just a kid." If things are bad at home, find ways to let yourself have fun – at school, sports, or religious activities.

DO remember that your parents' drinking problem is not your responsibility. You have no control over the drinking. You didn't make the problem start, and you can't make it stop.

It is up to your parent to get treatment. What your parent does is not your responsibility or your fault.



For more information:
DrugFreeNH.org
www.coaf.org.org

Adapted from the National Association of Children of Alcoholics. Visit their web site: www.coaf.org

For more Fact Sheets please go to www.ParentHelpNH.org



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org